

COMMODITY DISTRIBUTION Fact Sheet

Name: Avocado, Hass

Product Description:

The Hass avocado is oval shaped with a dark-colored, rough, and bumpy skin. Most other varieties are greener and have smoother skin. Signs of ripeness differ by variety. Hass varieties will turn black when ripe, while other varieties remain green. All varieties yield to gentle pressure when ripe. Other varieties include: Bacon, Fuerte, Pinkerton, Zutano, Reed, and Lula.

Peak Growing Season:

February through August

Uses:

Salads, guacamole, dressings.

Preparation:

The best way to tell if an avocado is ready to eat is to gently squeeze it in the palm of your hand. Ripe fruit will be firm; yet will yield to gentle pressure. Avocados are easy to peel when ripe. After cutting the avocado in half and removing the seed, start at the small end and remove the skin with a knife. Whether slicing, mashing or dicing, to retain a fresh green color, avocados should either be eaten immediately or should be sprinkled with lemon or lime juice and covered in an airtight container.

Storage:

Store ripe avocados at 40-45 degrees Fahrenheit with good air circulation. Store unripe avocados at 65-70 degrees Fahrenheit to ripen. Ripening will take 3-10 days.

Best if Used By:

Ripe avocados should be consumed within 2 days.

Nutrition Facts:

A ¼ cup provides:

Calories	59 Kcal	Iron	0.37 mg
Protein	0.72 g	Calcium	4.01 mg
Carbohydrate	2.70 g	Sodium	4 mg
Fat	5.59 g	Dietary Fiber	1.82 g
Saturated Fat	0.89 g	Vitamin A	22 RE
Cholesterol	0 g	Vitamin C	2.88 mg

Source of Information:

<http://www.produceoasis.com>.

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